

Coming to us

Assessment

We will provide an assessment with a senior practitioner to help you find the best place to start.

You can also choose to use the assessment tool on the website to help you focus your thoughts.

Please visit our website:
www.number42.org.uk
Here you will find a more detailed description of how we can help you and how to get in contact.

You will also find our practitioners contact details there in case you are particularly drawn to any individual or practice.

t: 020 7096 5001
e: pat@number42.org.uk
w: www.number42.org.uk

number 42

the complete psychotherapy and well-being practice

psychotherapy

counselling

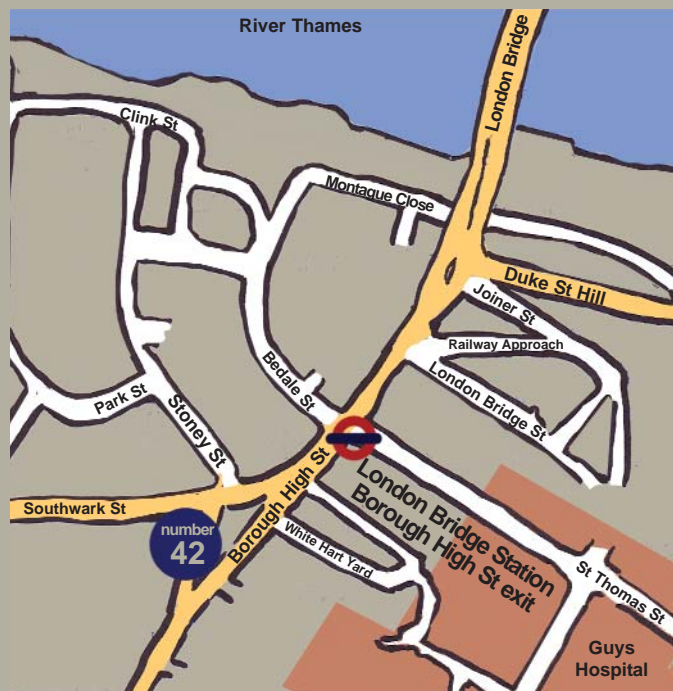
psychiatry

complementary therapy

family services

couple therapy

addiction services



Leave London Bridge station via Borough High St exit

42 Borough High St,
London SE1 1XW

t: 020 7096 5001

psychotherapy, counselling & complementary therapy @



number 42

the complete psychotherapy and well-being practice

42 Borough High St,
London SE1 1XW

t: 020 7096 5001
e: pat@number42.org.uk
w: www.number42.org.uk

Who we are

Number 42 is a group of experienced practitioners forming a new psychotherapy and well-being practice in London Bridge. We offer a full range of therapies to enable you to feel better, healthier and more balanced; whether managing current stresses or more long term problems.

Our practitioners diverse pre-training backgrounds offer a wealth of experience to meet your needs with the right treatment and the right practitioner.

Philosophy

We understand that the mind is developed and supported by its social, cultural and political context, set in the body it is part of. We work with this idea to find the right balance of treatment for you.

We offer you

Psychotherapy & Counselling

This is a broad discipline offering both short term cognitive work and long term practices such as analysis. Short term therapy can help you with current and specific issues such as phobias or compulsions and longer term therapy will address underlying problems enabling long term change.

Psychiatry & Psychology

We work with medical practitioners to provide you with the widest and most rigorous support.

Complementary Therapy

We provide a wide variety of complementary therapies to support your physical and mental health and offer symptom relief. These create a greater sense of balance and ease. Treatments include Acupuncture, Cranial Osteopathy, Alexander Technique, & Homeopathy.

Family Services

Often your difficulties can be compounded by the people and families around you. We offer support through family therapy.

Group work

You may find working in a group and sharing your problems to be beneficial. We have group practitioners that offer specialist as well as general treatment.

Couple Therapy

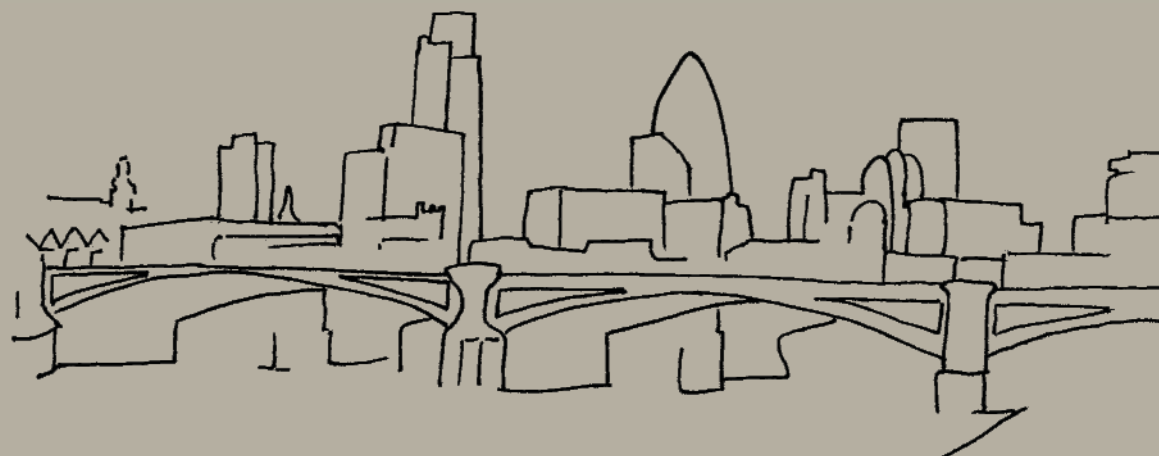
We provide practitioners who are experienced with helping couples and those who may experience sexual problems.

Addiction Services

Many of our practitioners are very experienced with the problems addiction brings. We provide individual, group and family work specifically for this condition.

Low Fee

We provide a low fee service for those who are in financial difficulty. Please see the low fee page of the website to see how this might work for you.



number 42

the complete psychotherapy
and well-being practice